Sailing To Win | 5e1ddb7d8378e7e3bcecbde879046f6b

Team SpiritSail, Race and WinSailing Around BritainSailing to WinSailing - Philosophy For EveryoneCrewing to WinFinnaticsK.I.S.S. Guide to SailingTuning to WinSailing for KidsKialoa US-1 Dare to WinSAILING in the MIST of TIME: Fifty Award-Winning PoemsStart to WinOptimist RacingGary Jobson's Championship SailingTactics Made SimpleMental and Physical Fitness for Sailing to WinOn Course to WinRYA Tactics (E-G40)The Laser BookThe Rules in Practice 2021-2024Training to WinSailing To WinCoach Yourself to WinPerformance Sailing and RacingThe Billionaire and the MechanicThe Mirror BookBasic Sailing SkillsSinglehanded SailingTactics to WinHigh Performance SailingThe Psychology of Sailing for Dinghies and KeelboatsThe Mirror BookSailing the Great RacesTactics Made Simple - Sailboat Racing Tactics Explained SimplySailing SmartPeter Isler's Little Blue Book of Sailing SecretsSailing AmericaCatamaran Sailing to WinThe crew of a racing boat is as important as the helmsman - they work as a team to sail as fast as they can. But different members of that team have different roles in the boat. In addition to the obvious roles which belong to the crew - trimming the jib and spinnaker and helping keep the boat upright - the crew can also contribute to tactics, boat tuning, watching the competition and so on. In this book, Olympic gold medallist crew, Saskia Clark, describes all that is needed to become a top-rate crew, or just be a better crew at whatever level you want to compete at. She initially takes you through getting started as a crew and team - choosing a boat and setting your goals. She then turns to the specific crewing skills of hiking, trapezing, tacking, gybing, handling the spinnaker and good boatspeed on each leg of the course. The focus then turns to racing and particularly the roles of each member of the team, communication, decision making and execution around the race course. Finally, she brings it all together with advice on how you can be the best crew and a great team. Packed with photographs this is the ultimate book for crews whether they be trying to win a championship or just wanting to sail at their local club. If your helm doesn't buy it for you, treat yourself!The Finn-the single-handed dinghy which has been a Olympic class since 1952-is widely considered the finest sailing class ever. In addition to logging all the personalities, races, and technological developments that have made the Finn class so popular over the last half-century, this generously illustrated reference also guides readers through the techniques necessary to successfully race the class on a competitive level. 8x11, 208 pp, 80 color photos, 560 b/w. RYA Tactics is the go-to guide for crews and sailors who don't have the benefit of a coach to practice and improve their sailing skills. The exercises are marked as to whether they are suitable for solo boats, groups of boats or those with a coach boat. As Aristotle said: "We are what we repeatedly do. Excellence then is not an act, but a habit." Armed with this book, get out, do some training and improve your sailing skills!Contributors to this prize-winning collection of contemporary poetry include Susan Keith, Kristopher Smotherman, Jacqueline Cooke, George R. Adams, Michael Burch, Lucille Lang Day, Christina Lovin, Judith Pacht, David J. Rothman, Frank Salvidio, Kathleen Browning, Nancy Meryl Bunich, Douglas W. Clark, K. Taggart-Hatlen, K.A. Hinkley, Jeff Howe, Carol Kanter, Mimi Moriarty, Daniel Waters, Robin Greene, Mary E. Donnelly, M.B. Powell, Tim Napier, Allen C. Jones, Gene Dixon, Maureen Cannon, Isaac Graf, Yvonne Nunn, Ian A. Hawkins, Christine Klocek-Lim, Linda Dousay, Belle Randall, Frank L. Ludvig, Rima Magee, Ryan Sawyer, Joseph Sherman, Kerry Wood, David W. Landrum, Lois Roisman, Matthew Haynes, Raymond Southall, Bruce Meyer, Joyce La Mers, Bobbi Dykema Katzenis, Meryl Raw, Philip Lewis, Peter Moltoni, M L Squier, Debbie Cambell, Noble Collins, Jessica Morrow, Tom Bermann, Martin Steele, John michael Simon, Peter Nash, Lynn Veach Sadler, Berwyn Moore, Susan Thomas, Dee C. Konrad, and John Howard Reid.RYA Tactics is the go-to handbook for all sailors and coaches interested in improving their performance on the race course. Written by sailing tactics specialist Mark Rushall, it is based on his many years of successful dinghy and keelboat racing, and his career as an Olympic sailing coach. Packed with easy-to-digest advice and information, it has clear diagrams and explanations and features excellent photography throughout to demonstrate racing in action. RYA Tactics breaks down the myths around racing.
tactics and provides you with winning strategies for a wide range of race courses and weather conditions. Written from the perspective of both coach and sailor, RYA Tactics takes you logically and holistically through each aspect of a sailing race. Shedding a new light on mastering race tactics, it has three easy-to-follow sections: Setting the scene Before the start The race The third edition features new chapters that include cutting-edge advice on analysing weather conditions, club racing, positioning as a strategy, and tactics in fast boats. It also discusses strategy building and looks at all parts of the race in detail, recommending specific tactics for each stage. Whether you’re looking to understand wind shifts better, start fast, use a race compass, or get round the marks first, this book will get you there.

This book unravels the mystery of boat tuning; it clearly explains what each control does and how to set it up for different conditions. Jim Saltonstall has coached multiple National, European, World and Olympic racing champions, including Ben Ainslie, one of Britain’s most successful Olympians. This quick reference handbook distills the wisdom of 40 years in the business to help all dinghy, yacht and windsurfers to improve their performance in one of the most challenging sports in the world. The book tackles all the issues that can arise at any point on the racecourse, from the starting line to the first mark to the finish line. It explains how to prepare for a race and how to get the best out of the boat in an accessible format (bite sized advice, tips and wisdom) and with an encouraging approach, offering intelligent analysis peppered with Jim’s trademark sense of humour. Featuring photographs that illustrate specific aspects of all races and a checklist of all the key issues racers need to think about as they progress around the course, this book should be in every would-be-champion’s kitbag, both on and off the water. Endorsed by Ben Ainslie and with a foreword by Olympic gold medal-winner Iain Percy. Model yacht racing is an exhilarating hobby, but one which is bounded by strict rules. This book describes the race from the beginning of a race through to successful completion, encountering all sorts of situations where adjudication is required. It is illustrated throughout with line drawings. The twelve fundamental elements of successful sailing from a gold medal winning coach and sailor with detailed analysis, challenging exercises and useful top tips throughout. The Optimist is the most popular junior sailing class worldwide, with thousands of young people actively racing them and hundreds attending the major events in the class. It has been the nursery for most of the top racing sailors in the world including all the Team GBR gold medallists at the last 2 Olympics (Sir Ben Ainslie, Hannah Mills, Saskia Clark and Giles Scott) - the same will be true for most other countries. Optimist Racing is written for those sailors, parents and coaches who are looking for success in this competitive class. In it you will learn what it takes to win, including how to achieve blistering boatspeed through technique and tuning, perfect boat handling and tactics as well as covering the mental and physical requirements for success. There is also a section for parents and coaches describing how they can best support their young sailors. Originally written by Ben Ainslie’s Optimist coach, Phil Slater, this new edition has been completely updated by top international racing coach, Steve Irish, who can be found coaching Optimist and other sailors worldwide. This book is the up-to-date handbook for sailing an Optimist fast. From a racing master, all the knowledge you need to make your boat go faster and safer in any condition. In Performance Sailing and Racing, Steve Colgate explains how to improve your sailing and push your boat to higher but safer speeds. He shows you how get your boat to perform as it was designed--with grace and an ease of motion--and to sail at a fast speed that can get you out of situations more quickly and arrive at your destination sooner. Used as one of the text books at the many branches of the Colgate Sailing School, Performance Sailing and Racing will help you get started in racing and learn as you earn. Even veteran sailors will pick up some new tips and tricks to becoming a successful racer. The book’s quizzes Get the fast facts How the boat moves Focal point of the boat are accompanied by colorful photos and graphics Master vital topics relating to boat speed--sail trim, sheet lead angles, steering differences in light and heavy air. Learn even those daunting topics, including using a spinnaker and understanding polar diagrams. With this master teacher’s wisdom on all the factors that make your boat sail better, you’ll win the next race or just blow past the other boats in the outer harbor. Sailing Smart is for every sailor who wants to increase his or her knowledge, understanding, and sailing expertise: the local day-sailor who wants a firmer grasp of the fundamentals, as well as the serious competitor who wants to be up on the latest, most innovative sailing techniques and racing strategies. Buddy Melges, one of the world’s best-known sailors, has at last set down his highly original thoughts on how to sail well. He covers the full range of sailing experience, from the general to the specific, the basic to the highly sophisticated. Melges’s message is delivered in a bright, uncluttered manner by way of applications from his own sailing experience and through step-by-step instructions on everything from basic boat handling to expert on-the-course tactics and maneuvers. The book is profusely illustrated by the noted sailing artist Ted Brennan, and each drawing is accompanied by a cogent, in-depth explanatory caption. Sailing for Kids is aimed at children aged 8-15 who are taking their first steps into the fantastic world of sailing. Packed full of colour photographs and diagrams, this straightforward and easy-to-understand guide is the perfect introduction to the sport. It is based on the Optimist dinghy, which is the most popular children’s sailing dinghy worldwide, and endorsed by the UK Optimist Class Association. Topics covered include what to wear, setting up the boat, sailing and safety. For those who want to go further, there are also tips on sailing faster and preparing to race. Olympic gold medallist and multiple world champion, Paul Goodison, explains why this book is important if you want to win races. He says: “To win sailboat races you need to sail the boat fast. This comes down to hours on the water training and tuning - there are few shortcuts to hours of practising on the water. To consistently win races you need to sail fast and smart - making the right decisions to sail the best course. If you are not the fastest boat, you are still able to win races and regattas by managing risk and sailing smart. This is where good tactics come in. But, unlike boatspeed, tactics may be learnt by thinking about each leg of the course and different situations from the comfort of your own home." Jon Emmett’s new book, Tactics Made Simple, is a great tool to help fast track this learning. This book explains simply, through hundreds of diagrams, what tactics can be applied around the race track. Individual boats in each scenario are given names so that you can easily understand what they are doing. Individual chapters take you around the race course, from before you get on the water, through the pre-start, start, different legs and manoeuvres. Each section contains detailed advice for the beginner, intermediate and advanced sailor so you can just look at the level of tactics relevant to you. Ideal for dinghy sailors, there is also a wealth of advice that will benefit yachtmen. This is a practical way to improve your racing results, whether starting out, moving up the club circuit or competing at national level and beyond. Originally published by Wiley Nautical as Be Your Own Tactics Coach. Some people like to sail. Some people like to sail fast. This is a book about sailing faster. During the past few decades this has been a revolution in the way some boat designers and sailors have thought.
about, designed, built and sailed their boats. This book is about the new ideas which have led to these greater speeds and the faster sailing techniques which have been developed to achieve them. High Performance Sailing has become the standard reference work on high speed racing techniques - the bible for racing sailors, from dinghies right through to America's Cup boats. Ground-breaking in its thinking on boat speed, strategy and tactics, and timeless in its application. Now in its second edition. High Performance Sailing has been brought right up to date with new information, the discoveries from new boat testing and new developments. The Mirror dinghy was a significant factor in the boom of dinghy sailing in the 1960s, introducing thousands to the delights of sailing. While sailing has come a long way since then and there have been a lot of far more exotic craft launched, the Mirror remains a fantastic boat in which to learn to sail and to compete at the highest levels. With this second edition, The Mirror Book has been brought into the Start to Finish series format alongside such revered books as The Laser Book, The Topper Book, The Catamaran Book and The Foiling Dinghy Book. Like these titles, this book tells you everything you need to know about sailing the boat (whether it be the original gaff-rigged boat or has the newer Bermuda rig). Written for those starting out through to those striving to win a championship, the book is packed with practical advice and illustrated with step-by-step photographs. It covers: setting up the Mirror and early sailing experiences; developing skills on all points of sailing and with the spinnaker; racing & masterclasses to become a championship winner. Over 180 photographs show you exactly how it's done, and 72 diagrams illustrate key boat parts, the different points of sailing and complex on-the-water scenarios with clarity. It is written by Peter Atken, formerly the UK National Mirror Coach, and winner of many national and international events. This book is aimed at both the beginner and the more advanced sailor. With 200 color photographs and several gatefolds that unfold to beautiful schooners drifting across the Great Lakes, and from peaceful catamaran expeditions around the islands of Hawaii to handmade single-masters in the crafts, and everything in between, the book presents stunning vignettes of every form of American sailing—from classic yacht racing around Newport, Rhode Island to beautiful schooners drifting across the Great Lakes, and from peaceful catamaran expeditions around the islands of Hawaii to handmade single-masters in the frozen waters of Alaska and intense Grand Prix races along the rocky coasts of the Pacific Northwest. With 200 color photographs and several gatefolds that unfold into glorious panoramic images, this is a celebration of the nautical lifestyle and a love letter to an archetypal American pursuit that is so much more than a pastime for all those lucky enough to enjoy it. Gary Jobson shares his expertise for a winning performance in sailboat racing. In the pages of Gary Jobson's Championship Sailing, the author shares more than 30 years of racing and sailing expertise at the highest levels of competition, covering every aspect of racing in one-design or handicap fleets from high-performance dinghies to big keelboats. Expanded to include the behind-the-scenes story of the 34th America's Cup and Team USA’s incredible comeback Down eight-to-one in the 34th America’s Cup in September 2013, Oracle Team USA pulled off a comeback for the ages, with eight straight wins
against Emirates Team New Zealand. Julian Guthrie’s The Billionaire and the Mechanic tells the incredible story of how a car mechanic and one of the world’s richest men teamed up to win the world’s greatest race. With a lengthy new section on the 34th America’s Cup, Guthrie also shows how they did it again. The America’s Cup, first awarded in 1851, is the oldest trophy in international sports. In 2000, Larry Ellison, co-founder and billionaire CEO of Oracle Corporation, decided to run for the prize and found an unlikely partner in Norbert Bajurin, a car mechanic and Commodore of the blue-collar Golden Gate Yacht Club. After unsuccessful runs for the Cup in 2003 and 2007, they won for the first time in 2010. With unparalleled access to Ellison and his team, Guthrie takes readers inside the building process of these astonishing boats and the lives of the athletes who race them and throws readers into exhilarating races from Australia to Valencia.Brendan Hall was the youngest and least experienced skipper in the Clipper Race, yet his win was no accident. His no-holds-barred account is revealing and instructive, with valuable lessons in leadership and management as well as never giving up. Sailing strategies from beginner to winner. International author, competitive sailor and successful business strategist Brett Bowden shares over 3 decades of wisdom of what it takes to be successful. Brett shares not only his own experiences, but a collection of wisdom from world champions and sailing legends. Together with his passion for sailing and winning in all areas of life, Brett shows you just how to do it step by step. By the time you have finished this book, learned the strategies and practiced the drills, you will be guaranteed of being on the podium more often than not and collect more than your fair share of silverware. If you’re serious about being successful then you must read this book. You’ll learn:- The little known secrets behind the science of sailing- The psychology and mindset of winning races- Key ways to banish frustration from your sailing- Critical ways to start, conduct and finish a race like a champion- How to get inside tactical knowledge at new venues- Essential training drills to hone your skills to ensure your success- Championship race tactics and strategies that only top skippers know If you’re serious about winning then read this book today! Kim Sturgess was a weekend sailor: he enjoyed club racing and several brief sailing holidays, but had never attempted a substantial expedition. Reaching the age of fifty focused the mind and he decided to sail around Britain. While many cruising sailors would not contemplate a 1900 nautical mile voyage, he broke the voyage into a series of day sails, making it an achievable ambition for him, largely single-handed, and for many other weekend sailors who might dream of sailing around their home island. This book tells the quirky traveller’s narrative of the voyage and visits to forty-eight towns. Evoking the spirit of both Jerome K. Jerome with his Three Men in a Boat and Joshua Slocum’s Sailing Alone Around the World, Kim shares his thoughts and struggles, recounting how easy it is for anyone to become an adventurer here at home. But don’t expect to always agree with him - he has been described as “the Jeremy Clarkson of yachting”! Learn everything you need to know to sail effectively and get the most out of the UK’s most iconic and best-loved dinghy - the Mirror. This book describes the psychological strategies the world class sailors use to set goals, manage stress and build confidence. Part 3 contains photo sequences of sailing-specific exercises that can be used to build an individual training programme. Set goals for confidence building and competition. Learn effective self-talk and straight thinking. Make stress work for you, not against you. Harness the power of visualisation. Learn to stay focussed so that you can cope with distractions. Build and maintain the on-boat relationships that really work. Plan your own fitness goals for confidence building and competition. Learn effective self-talk and straight thinking. Make stress work for you, not against you. Harness the power of visualisation. Learn to stay focussed so that you can cope with distractions. Build and maintain the on-boat relationships that really work. Plan your own fitness programme. Aerobic and Anaerobic exercises. Recognise the value of rest and recovery. Learn now to train both on the water and in the gym. Basic Sailing Skills is a perfect manual to help anyone starting out in learning to sail. The original Basic Sailing Skills was written in 1974 by Don Giffin, an active instructor, Albacore racing competitor and dedicated volunteer. Over the next seventeen years it was used extensively by over 30,000 sailors as they were introduced to the jargon and theory of sailing. In 1990 the Learn to Sail Committee of the Canadian Yachting Association decided to have Basic Sailing Skills rewritten to reflect changes which had taken place with national sail training standards over time. Sven Donaldson, a Vancouver based sailing writer, was commissioned by the Canadian Yachting Association to write this next version of Basic Sailing Skills. Sven has two other sailing books to his credit (A Sailors Guide to Sails and the New Sail Theory) as well as many articles in Pacific Yachting Magazine, Sail, and Cruising World. In Basic Sailing Skills, Sven has simplified terminology so the reader gets a hands on appreciation of the enjoyment of sailing. Cedric Burgers, formerly a CYA senior sailing instructor and University of British Columbia architecture student from Vancouver drew the illustrations. The illustrations provide a level of detail rarely shown in other sailing instructional books. The sequence of drawings for the step progression of skills should make it easier for anyone learning to tack or gybe. This volume reveals the wisdom we can learn from sailing, a sport that pits human skills against the elements, tests the mettle and is a rich source of valuable lessons in life. Unravels the philosophical mysteries behind one of the oldest organized human activities Features contributions from philosophers and academics as well as from sailors themselves Enriches appreciation of the sport by probing its meaning and value Brings to life the many applications of philosophy to sailing and the profound lessons it can teach us A thought-provoking read for sailors and philosophers alike.